

2005 Southern Arizona Walkable Communities Workshop Evaluation

The 2005 Southern Arizona Walkable Communities Workshop, sponsored and coordinated by the Steps To A Healthier Arizona Initiative, focused on what walkable communities are, why they're important and what we can do to create such an environment. The goal of the workshop was to train an interdisciplinary group of participants in how to do walkability assessments by having them go through the experience of conducting a neighborhood audit in a local community and setting priorities for improvement. Mark Fenton, a renowned expert in the walking field and host of the PBS television series "America's Walking", facilitated the workshop. Mark has become a vocal pedestrian advocate and recognized authority on public health issues and the need for community, environmental, and public-policy initiatives to encourage more walking and bicycling.

At the conclusion of the workshop, 44 out of 53 participants completed an evaluation form that identified their affiliation to the Steps program, the type of organization they represented, and rated the workshop presentation and how the event met the program objectives.

Results

Participants

The 2005 Southern Arizona Walkable Communities Workshop achieved the goal of training an interdisciplinary group of participants in how to do walkability assessments. Table 1 displays the frequency of the 44 respondents in describing their relationship to the Steps Program. Table 2 displays the breakdown of the same participants across interdisciplinary professions.

Table 1. What is your affiliation with the Steps To A Healthier Arizona Initiative?

	Frequency	Percent
Steps Community Contractor	6	13.4%
Steps Community Subcontractor	3	6.8%
Steps Community Affiliated Partner	4	9.1%
Steps Community Development or Public Works Professional	4	9.1%
Tucson Area Community Development or Public Works Professional	7	15.9%
South Tucson Community Representative (Elvira or Sunnyside)	8	18.2%
ADHS Related Program Staff	2	4.5%
Other reported: RHO, Graduate Student, Community Development (out-of-area), Tucson City Government	4	9.1%
N/A	6	13.4%

Table 2. What type of organization are you representing today?

	Frequency	Percent
Academic Institution	11	25%
Business	0	0%
Church/Religious Group	0	0%
Community-Based non-profit organization	6	13.6%
Community Health Center	1	2.3%
Governmental Agency	16	36.4%
Hospital/ Medical Center	1	2.3%
School/ School District Office	4	9.1%
Other Reported: Animadora Project, Steps Program	2	4.5%
N/A	3	6.8%

Table 3 shows that the workshop was relevant to more than 70% of the participants with regards to their job or position and the information was relevant to the organization as a whole to over 80% of participants. The content of the workshop and the presenter received a good overwhelming response (81.8% and 90.0% respectively). The evaluation scale was 1= Excellent, 2=Good, 3= Fair, 4=Poor, 5= Not Applicable

Table 3. Evaluation of the Workshop Presentation

	Frequency	Percent
Relevance of information to your specific job or position	32	71.1%
Relevance of information to your specific job or position	36	81.8%
Relevance of information to your organization as a whole	36	81.8%
Overall evaluation of the content presented	40	90.9%
Overall evaluation of the presenter	42	93.3%

Table 4 shows responses specific to workshop tools and resources and its utilization among the participants. The small group problem solving and plenary summary discussion session were helpful to most of them (77.3%). More than three-fourths of participants (77.3%) felt confident that as a result of this workshop they are able to identify common problems areas while conducting a neighborhood walkability assessment. 1= Strongly Agree, 2= Agree, 3=Disagree, 4=Strongly Disagree, 5= Not Applicable

Table 4. Evaluation of the Workshop Tools and Discussion Sessions

	Frequency	Percent
I am familiar with the language and available tools to create more walkable and bicycle-friendly settings in communities.	31	70.5%
I can identify common problem areas for improvement to create more walkable and bicycle-friendly settings in communities (Neighborhood Walkability Assessment).	34	77.3%
I feel prepared to conduct a Neighborhood Walkability Assessment in neighborhoods within my own community.	30	68.2%
I can identify potential solutions (programs, projects and policies), collaboration opportunities, and processes to create more walkable and bicycle-friendly settings in communities (Small Group Problem Solving Exercise and Plenary Summary Discussion).	34	77.3%
I know how to access and utilize existing resources to create walkable and bicycle-friendly settings in communities.	31	70.5%
I plan to be a role model and change agent to advocate for more walkable and bicycle-friendly settings in communities.	31	70.5%

Table 5 shows the percentages and rankings for the self-reported training needs to help the participants enhance their professional effectiveness in creating healthier communities.

Table 5. (Relevant) Training Needs

	Frequency	Percent	Rank
Grant Writing	17	38.6%	1
Nutrition Education	17	38.6%	2
Physical Activity Education	15	34.1%	3
Health Behavioral Change	12	27.3%	4
Program Design	12	27.3%	5
Need Assessment	11	25.0%	6
Social (Health) Marketing	9	20.5%	7
Program Evaluation	6	13.6%	8
Chronic Disease Prevention	6	13.6%	9
Evidence –Based Interventions	5	11.4%	10
Other reported: Policy and Political Change, Policy Development and Advocacy, Diabetes	3	6.8%	11
Database Management	3	6.8%	12
Breastfeeding Counseling	0	0%	13

Raw Comments and/or Suggestions:

"Great workshop all around! Wish we had more time for discussion of the challenges and possible solutions."

"Thank you. I appreciate your enthusiastic presentation and applied approach. Very effective for someone like me. May I have a copy of the PowerPoint for references?"

"Thank you!"

"I feel that a lot of the ideas that were presented today have opened up my mind to many possibilities for neighborhood improvements."

"Very good, thanks"

"I thoroughly enjoyed this inspiring and wonderful workshop!"

"Great, lots of information. Great speaker!"

"One of the best workshops I have attended, presenter kept you motivated and involved."

"Excellent workshop! Great exercise for neighborhood association."

"Very exciting ideas. Great Presenter-I think I can use lots of the information I got today."

"Good job!"

"Great! Very helpful."

"Great day!"

"Inspiring"

"Superb presentation. Great start and resources to follow up with these ideas."

"Well done!! Thank you!!"

"Thank you!"

"I enjoyed the workshop. It is another dimension in the community."

"Good job. May I suggest when marketing the workshop to advise participants to wear walking shoes, hat, glasses, etc before attending."

"Have more water available."

"Good information"

"Coffee in the morning before the session starts would help people mix and mingle and get to know each other early."